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HALEY RITCHIE/METRO

Road delays up ahead

DEVELOPMENT

Slowdown could derail projects, warn councillors

Emma Jackson
Metro | Ottawa

Major road projects could careen off schedule if local development doesn't perk up, some councillors warn.

The Airport Parkway widening project has already been pushed back because development charges aren't hitting the targets the city laid out in its five-year transportation master plan three years ago.

The city will only receive $26 million in development charges annually instead of the plan's projected $43 to $45 million, according to planning manager Michael Mizzi.

That could throw off the whole plan, which lays out transportation priorities until 2031.

"I would be somewhat skeptical about staying on that schedule now," said Capital Coun. David Chernushenko.

Kanata South Coun. Allan Hubley said the city needs to actively encourage developers to invest in the city.

"If we do things such as work with the industry to try and stimulate development, we're not going to have to cancel or postpone projects," he said.

Last summer he lobbied staff to lower building permit fees to give developers and homeowners a break. The planning department is reviewing its fee structure.

Hubley said he's particularly worried about a $50-million west-end project that would widen Hope Side Road and other south-end arterials to accommodate 15,000 new homes planned for the area.

That project will largely be covered by development charges.

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Steven Avery, the subject in Netflix's series Making a Murderer, has filed an appeal of his conviction

5 GIFTS JUSTIN TRUDEAU HAS RECEIVED AS PRIME MINISTER

Michael Woods
Metro | Ottawa

When you're the prime minister of Canada, people tend to give you gifts. Justin Trudeau, a newly elected prime minister who attended several international summits in his first month on the job, is no exception.

Under the Conflict of Interest Act, cabinet ministers must report gifts valued at over $200 within 30 days of receiving them. The gifts are then listed online.

So what kind of goodies did Trudeau receive in his first few weeks in office? Here are five of the coolest-sounding things he has received.

Note: The items pictured, which are not Trudeau's actual gifts, are our best guesses about they look like.

1 Three bottles of Château Larrivet-Haut-Brion Red Bordeaux 2000

French President François Hollande gifted these to Trudeau Nov. 30 at the 2015 UN climate summit in Paris. It has an average rating of 90.7 on cellartracker.com and retails for an average of $83, according to wine-searcher.com.

2 Astronaut ice cream

Trudeau received this gift (among others) from Gary Polonsky and Alex Benay, chairman of the board and president, respectively, of the Canada Science and Technology Museum, on Nov. 12. The circumstance of the gift was "a normal expression of courtesy," according to the online listing. If Trudeau hasn't eaten it yet, he can probably get some insight on its taste from his Transport Minister Marc Garneau, a former astronaut who has been to space three times.

5 John Deere mugs

This is another gift from the Canada Science and Technology Museum brass, given on Nov. 12. Hey, you can never have enough mugs.

4 Basket with liqueurs, dark rum, vodka and chocolates

This is another gift from Philippines President Aquino. With Trudeau still relatively new on the international scene, what do you get a guy you don't know that well? Chocolate is one of the safest possible choices. Plus, you can't go wrong with "a variety of liqueurs." Well done, President Aquino.

3 Glass globe designed by Kenneth Cobonpue, presented in a bamboo carrying case

Cobonpue is a Filipino industrial designer whose unique designs have been internationally acclaimed. Trudeau received this from Philippines President Benigno Aquino III, pictured, at the APEC Summit in Manila on Nov. 18.

TREASURY BOARD

Language rights not protected: Audit

The body that manages the federal public service fell short of its requirement to protect official language rights when overseeing cuts to government spending, according to a newly released audit.

The audit from Graham Fraser, the commissioner of official languages, examined Treasury Board Secretariat's implementation of the 2011-12 deficit reduction action plan, a one-year, government-wide exercise aimed at finding $4 billion in annual savings by 2014-15. The audit concluded that there was "little evidence of any strategy" to help TBS meet its obligations under the Official Languages Act.

"It reflects a failure of meeting their responsibilities," Fraser said in an interview. "All of these federal institutions, which report to Treasury Board on the actions they are taking, neither had the strategy, the requirements or the advice that they needed."

The Official Languages Act requires the federal government to foster the full recognition and use of both English and French in Canadian society, as well as support and assist the development of linguistic minority communities in Canada. Treasury Board oversees the operation of the federal civil service.

The audit also found there was internal confusion at TBS regarding who was responsible for ensuring the spending review complied with the Act. It also said TBS "provided no specific guidance to federal institutions" on their obligations to protect official language minority communities.

Fraser said his office was refused access to certain documents because TBS claimed they were protected under cabinet confidence, so the audit wasn't as complete as he would have liked.

The audit makes three recommendations. TBS responded with measures to address them all, but Fraser said he isn't fully satisfied with its response to the third one, which calls on TBS to provide detailed official languages requirements in the drafting guidance for federal institutions during spending review exercises.

"We feel that Treasury Board needs to be firmer in its requirements of federal institutions," Fraser said. MICHAEL WOODS/METRO

Residents brace for bus detour

Hintonburg resident Cheryl Parrott has been fighting the detour of buses onto Scott Street. She expressed concern for pedestrian safety when the change begins. EMMA JACKSON/METRO

TRANSIT

One pedestrian pathway is still under construction

Emma Jackson
Metro | Ottawa

Pedestrians rushing to Bayview station may find themselves suddenly dodging a lot of traffic if the city doesn't finish a pedestrian pathway by this weekend.

OC Transpo will shut down a 1.5-kilometre stretch of the Transitway in Hintonburg and Centretown this Sunday, detouring up to 2,600 buses a day onto Scott and Albert streets for light rail construction.

Several multi-use pathways are supposed to help pedestrians and cyclists get to the O-Train and temporary Bayview station without having to cross Scott Street.

The northern pathway, which connects to Bayview Road just north of Scott Street, is finished, but a southbound path beside Tom Brown arena is still under construction.

Steve Cripps, director of the city's rail implementation office, said the path will be completed "during the winter of 2016."

If it's not done by Sunday, local activist Cheryl Parrott worries that pedestrian safety will be compromised. A lot of people from south of Scott Street might take their chances jaywalking rather than detour to the northern path.

"You have to walk a hell of a lot further. I don't think it's going to happen," Parrott said. "I'm concerned for their safety."

Beginning Sunday, the number of buses using Scott Street between City Centre and Merton Street will jump from 83 a day to more than 2,100.

Further east, 2,600 buses a day will detour onto Scott and Albert streets.

The unfinished pathway was supposed to be an alternative to the "extremely uncomfortable environment" the Bayview bridge will become once buses are detoured, said Kitchissippi Coun. Jeff Leiper.

> **"With some courtesy and common sense I think it can all work.**
> Coun. Jeff Leiper

The fact that it's not finished is just one problem in the lead-up to the shutdown, he said.

Signage directing pedestrians and cyclists to the completed path is missing, he said, and faulty road markings are confusing drivers who can't tell which lane they're in.

Rideau Transit Group, the consortium responsible for light rail and the Scott Street widening, is supposed to repaint the roads soon, but there's no fixed date, said Leiper.

Right turn signs are also confusing people, according to Parrott. Drivers don't realize they can use the bus-only lane for safe access to their driveway or side street.

OC Transpo also needs to reinforce with its drivers the importance of watching for pedestrians and cyclists at the new Merton intersection, where buses will come and go from the Transitway, Leiper said.

A well-used multi-use pathway runs through the intersection, right where westbound buses would be turning onto the Transitway.

In fact, drivers should be mindful of all residential aspects of the corridor, Leiper said: cars backing out of driveways, pedestrians "going about their business" in the neighbourhood, and kids crossing at Carruthers Street to get to school.

"With some courtesy and common sense I think it can all work," he said.

Transit planning manager Pat Scrimgeour said this shutdown is different than previous light rail disruptions because most of the burden will be shouldered by residents, not transit users.

"It's still important, we don't minimize it," he said.

Scrimgeour said OC Transpo will be watching closely over the next few weeks to respond to any problems.

"Everything will be acted on and escalated if anything doesn't go as planned," he said.

+ CHANGES

Noise-dampening fences have been installed in front of Scott Street residences, and all out-of-service buses have been detoured to Sir John A. Macdonald Parkway instead of Scott Street.

PROVINCIAL BUDGET

Minister says no to popular ideas

Ontario's finance minister is encouraging people to submit ideas for the upcoming budget — he just won't consider the most popular ones.

The ministry launched its Budget Talks website last month as a venue for people who can't attend the in-person, pre-budget consultations that began Tuesday to send in their ideas and vote on the submissions.

The online consultation goes until the end of the month, but so far the most popular ideas are to either merge the public and Catholic school boards or to stop funding the Catholic system entirely, and to stop the province's partial sale of Hydro One.

The Liberal government has staunchly defended the sale of 60 per cent of the utility as a way to generate money for infrastructure and Finance Minister Charles Sousa repeated those lines Tuesday before holding the first in-person consultation.

On Catholic schools: "that debate has been had."

Sousa said he is hearing that people want the government to invest in infrastructure and lessen gridlock.

But the highest infrastructure-related idea online so far is the 17th-most popular idea; it ranks behind four separate Catholic school board-related pitches and two pleas for lower hydro rates. The most popular idea is to amalgamate the public and Catholic school boards to save money.

The poster wrote that, ideally, the government would stop funding Catholic education as "religious education should be private," but conceded that's probably a long shot. METRO

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COMPREHENSIVE PROGRAM TAUGHT BY LAWYERS

Anyone expecting the new government to go on a hiring and leasing spree after years of office downsizing needs a reality check, say experts. HALEY RITCHIE/METRO

Office space changes face

COMMERCIAL REAL ESTATE

Volatility in core, even with new federal stewardship

David Sali
Ottawa Business Journal

Most analysts agree 2015 was a year of uncertainty in Ottawa's commercial real estate sector, with a federal election and a topsy-turvy economy leaving everyone wondering where the market was headed.

Now that the dust has settled and Justin Trudeau's Liberals are in power on Parliament Hill, the future is beginning to come into focus. But anyone expecting the new government to suddenly go on a hiring and leasing spree and reverse years of office downsizing in the core needs a reality check, according to experts.

Even if the feds do decide to eventually bolster their workforce and add to their downtown footprint, it's going to take time to set the wheels in motion, they say. And that almost certainly won't happen this year.

"They just can't hire 20,000 people back in any timely fashion," says Darren Fleming, principal managing partner at Cresa Ottawa. "It just doesn't work that way."

While the federal government might pull the trigger on a few small deals that were back-burnered during the election campaign, the "air of optimism" many people in the industry say they are feeling right now won't likely begin to bear fruit until at least 2017, says Shawn Hamilton, vice-president and managing director at the Ottawa office of commercial real estate company CBRE Canada.

CBRE's 2016 projections back up his assessment. The brokerage predicts central Ottawa's overall vacancy rate will tick slightly upward to 9.5 per cent from about nine per cent, thanks largely to vacancy rates that hit more than 10 per cent in the class-B sector and a whopping 27 per cent among class-C buildings in the fourth quarter of 2015.

"The folks who are hurting right now are the B- and C-class landlords," agrees Fleming, adding vacancy rates in those categories will likely get worse for owners before they get better.

The trend toward smaller desks and more open workspaces in both the public and private sectors means tenants who were previously paying in the ballpark of $30 per square foot for class-B and class-C offices suddenly don't need as much space and can afford to lease class-A property in the $45 bracket, he explains.

That could trigger a downtown renovation boom if owners of class-B and class-C offices get tired of waiting to fill them and decide to remodel or even rebuild them completely.

"We're definitely seeing a complete change in the way office tenants house themselves," Fleming says.

Further clouding the picture, a number of class-A properties in the core are either being refurbished or are losing major tenants, notes Fleming.

For example, H&R REIT has almost finished its multimillion-dollar makeover of Place Bell at 160 Elgin St., which currently has tens of thousands of square feet of vacant space available for rent.

"That building needed an upgrade, but once it has it, will it be competitive?" Fleming says.

But such volatility can also be a positive, argue Hamilton and Bruce Wolfgram, vice-president of tenant representation at Primecorp Commercial Realty, because it opens up opportunities for fledgling private-sector organizations to get their legs under them.

They noted the growing presence in the city of Regus, a Luxembourg-based company that offers flexible leases on fully furnished office space to clients ranging from small startups to multimillion-dollar companies.

Regus recently opened its third location in Ottawa at 116 Albert St., a "good thing" in Wolfgram's mind.

Hamilton interprets Regus's expansion as proof the city's core is on the rebound.

"That tells me that they see the strength of Ottawa and they see the strength of business coming to Ottawa," he says. "Right now is the first time in maybe 20 years that we've had some room in the downtown core for something other than the government to happen. It's the likes of Regus that allow the footholds for companies to come to Ottawa and germinate into larger organizations."

> **Right now is the first time in maybe 20 years that we've had some room in the downtown core for something other than the government to happen.**
> Shawn Hamilton of CBRE Canada's Ottawa office

WORKPLACE 2.0

Liberal initiatives will take a while to bear fruit: CBRE

Ottawa's No. 1 downtown office tenant has been scaling back its presence for many years, the result of job cuts and a push toward efficient use of office space under the federal government's Workplace 2.0 initiative.

The Liberals appear ready to open the federal coffers a bit, but any resulting benefits to local commercial landlords will take "a while to trickle down," says Shawn Hamilton of CBRE. DAVID SALI/OTTAWA BUSINESS JOURNAL

What to look for in 2016

Commercial real estate stories in Ottawa that should continue to unfold in 2016:

1. LeBreton Flats

"I think if we had Lansdowne times 10 on LeBreton Flats, we would have a state-of-the-art, awesome (project) that would rejuvenate the core and provide that live/work/play balance that we all talk about," says Darren Fleming, principal managing partner at Cresa Ottawa, referring to the two shortlisted redevelopment proposals that both include an NHL arena for the site.

"Any other use there is a total joke. We've got lots of museums. Bring the Sens downtown and they will do for the core what the (Canadian Football League's) RedBlacks did for Lansdowne and that would be tremendous. Government as a developer to me doesn't make a hell of a lot of sense. I pray that we're not dumb enough to mess this up."

A revitalized LeBreton Flats, Windmill Development Group's Zibi project at the old Domtar lands and the imminent arrival of light rail could converge to be "powerful factors" in rejuvenating the western edge of downtown, says Shawn Hamilton, vice-president and managing director of CBRE's Ottawa office.

"We'll be watching with bated breath what happens there," he said. "That could be an absolute defining jewel for the city. I think that could really be the start of the new Ottawa."

2. Continued rise of 'urban tech'

"We're starting to get the hints that there's a halo effect around Shopify or a critical mass starting to develop in the core," says Hamilton, referring to emerging tech leaders with major operations in Ottawa such as data networking solutions provider CENX and business analytics software maker Klipfolio that have chosen to set up shop in Centretown. "I think that should start slowly to attract more interest in the downtown core that will hopefully pick up momentum."

3. Employee-driven office design

"This means allowing employees to specify their desired space as part of their hiring," says Primecorp Commercial Realty's Bruce Wolfgram. "Talented workers are increasingly hard to find, as any company will attest to. Companies are becoming more aggressive in bringing in the talent they require. One way to do this is to build the space that appeals to the potential employee, rather than forcing the employee to fit into a model that the company had built for itself. This will mean a greater mix of workspaces along with shared spaces, cafes, et cetera. Ultimately, offices will become less cookie-cutter in their design." DAVID SALI/OTTAWA BUSINESS JOURNAL

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PLANNING

City looks to link library with national body

The City of Ottawa is looking to partner with Library and Archives Canada to rebuild a new downtown library.

Coun. Tim Tierney, who chairs the library board, announced the news during a meeting on Tuesday evening. He would not divulge details on the possible partnership, so it's still unclear whether the two libraries would share space, exhibits or costs.

But Tierney called this latest news a "defining moment."

"We are actually very giddy about what it could look like," he said.

The site and design of the new downtown library have yet to be worked out. The latest cost estimate is $86 million, but Tierney said this partnership could bode well for city taxpayers.

Library and Archives Canada approached the city about the partnership during the request for expression of interest (REOI) process. Just because the federal government is partnering with the city does not mean the city is turning away from a P3 funding model, said Tierney.

The site at 557 Wellington St. has been cited as a possible location for the new library.

Emilie Taman — who ran for the federal New Democrats in Vanier last year — spoke on behalf of library citizens' group Bookmark the Core. She's worried the LeBreton Flats site is a "done deal" and is calling for more transparency, including more public consultation. "Done deals are the antithesis of open public processes," she said.

Tierney said the library board is "in the dark" about the LeBreton Flats proposals and that it's still too soon for another consultation.

The library project is expected to break ground in 2018. Card carriers will start signing out books in 2020.

LUCY SCHOLEY/METRO

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Saher Hamed, left, CEO of the Israel-based Remedor Biomed with Gabriel Pulido-Cejudo of the BioConverGene Technologies Corporation during an Israeli-Ottawa networking event at Carleton University on Tuesday. LUCY SCHOLEY/METRO

Partners in the making

INTERNATIONAL RELATIONS

Israeli-Arab entrepreneurs visit Ontario to court business

Lucy Scholey
Metro | Ottawa

The concept of entrepreneurial "speed dating" is nothing new. But this week, for the first time, a group of Israeli-Arab business owners landed in Ontario for a series of quick matchmaking sessions with potential partners.

The Canada-Israel Industrial Research and Development Foundation (CIIRDF) organized the event, first in Toronto, and then at Carleton University on Tuesday. CIIRDF president Henri Rothschild said there's "untapped potential" in both countries.

"A Canadian company that has a partner in another part of the world is at a huge advantage," he said. "Similarly, an Israeli company ... that has a partner in Canada also has a huge advantage."

Arab entrepreneurs face obstacles in Israel's tech industry, where there are few opportunities for innovation outside the military, said Rothschild. And few Arabs serve in the Israeli army, so they are best to seek partnerships outside the country.

The dozen northern Israeli-Arab entrepreneurs in Ottawa included biomedical and clean tech companies.

Tony Bailetti, director of Carleton University's Technology Innovation Management Program, said the networking event was a chance for Ottawa entrepreneurs to build global connections and possibly secure investments.

Saher Hamed, CEO of Remedor Biomed — an Israeli company that's developing a drug to cure chronic wounds in diabetics — is looking to Canada as a host for clinical trials.

"Ontario is a good place because of diversity," he said. "We always seek diversity to make the clinical trials successful."

IN BRIEF

City warns of water scams

Door-to-door salespeople are providing residents with phoney information about the quality of their drinking water, according to the City of Ottawa.

The city is urging citizens to be vigilant about salespeople and is reminding residents that their water is among the safest in the world, exceeding federal and provincial standards.

Residents should ask for identification from anyone claiming to be a City of Ottawa employee, the city says. Legitimate employees carry city-issued photo ID. "If concerns remain, contact the city prior to allowing access," said the city in a news release. City employees do not contact residents to sell products or services and in most cases schedule visits in advance. JOE LOFARO/METRO

Nuclear power fuelling most of province

ELECTRICITY

Wind, solar energy added little to supply mix in 2015

Nuclear power provided 60 per cent of Ontario's electricity in 2015, while renewables such as wind and solar power added only a tiny amount to the supply mix.

The Independent Electricity System Operator says Ontario got 24 per cent of its electricity from hydro-generated power from dams and run-of-river generators, and another 10 per cent from gas-and-oil fired generation.

Wind power supplied six per cent of the province's electricity last year, while solar power and biofuel generation each added less than one per cent to the grid.

6%

Percentage of electricity generated by wind power in Ontario in 2015.

The province stopped burning coal to generate electricity in 2014, but it had been providing about 25 per cent of Ontario's power a decade ago.

The average electricity price for Ontario residential consumers was 10.14 cents a kilowatt hour in 2015, more than double the rates from 2008.

Premier Kathleen Wynne wants to keep generating about half of Ontario's electricity from nuclear power, and her government has announced plans to refurbish the Darlington and Bruce nuclear generating stations at a total cost of nearly $26 billion. THE CANADIAN PRESS

The Darlington Nuclear Power Plant TORSTAR NEWS SERVICE

NAVAN

Kitten thrown from truck, suspect sought

The Ottawa Humane Society is asking for the public's help in tracking down a man who was seen throwing a seven-month old kitten from a truck on Colonial Road towards Frank Kenny Road near Navan last week.

Witnesses saw the man, who was reported to be wearing a baseball cap, throw the dark coloured kitten from the front passenger side window.

The kitten, who has been named Sweetie, bloodied her face and was found with a broken tail.

Humane society vets don't think the tail fracture happened in the fall.

"It's a very bad fracture and the bone is poking out of her skin. Her tail will have to be amputated," said Dr. Shelley Hutchings, the humane society's chief veterinarian, in a press release. "But she's eating and purring and she's very sweet. She just seems really thankful and happy to be here."

Witnesses to the incident picked up the cat from the road and brought her to the humane society, where she is in critical care. She is also being treated for an upper respiratory infection and is set to have her tail amputated this week.

Humane society executive director Bruce Roney hopes the public will have information that could lead to the man being charged, potentially under the criminal code.

Roney said "there are a lot of silver trucks out there," but if they can track down even a portion of the licence plate, police may be able to locate the man who threw the kitten onto the road.

He said that it's "horrifiying" that someone would do this to the cat.

The Ottawa Humane Society rescue and investigation services can be reached at 613-725-3166 if anyone has any information in relation to the incident.

Sweetie is expected to recover, Roney said. BRIER DODGE/METROLAND MEDIA

Sweetie, a seven-month-old kitten. OTTAWA HUMANE SOCIETY

CRIME

Two people face charges after drugs, gun seized

The Ottawa police guns and gangs unit is taking over an investigation in the Overbrook neighbourhood after a gun and drugs were seized on Monday evening.

At around 7:30 p.m., uniformed officers responded to a report of assault and an illegal weapon near Queen Mary and Lola streets.

Officers seized a gun and narcotics and identified two people and a vehicle related to the incident.

Gilbert Atkinson, 22 and Catherine Pelow, 43, have been charged with multiple offences related to firearms and possession of narcotics. Both accused will be attending a show cause hearing.

The guns and gangs unit is continuing to investigate and is looking to speak to outstanding witnesses.

Anyone with information regarding these investigations is asked to call the Ottawa police guns and gangs unit at 613-236-1222, ext. 5050. HALEY RITCHIE/METRO

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Operation: Welcome to Canada

ARMED FORCES

Military has helped Syrians overseas, now will help house

The military is beginning to wind down its overseas involvement in the Liberal government's commitment to resettling thousands of Syrian refugees in a matter of months.

Approximately 70 Canadian Armed Forces members have returned from Jordan and Lebanon, where they were part of a broader government effort to bring 25,000 Syrians to Canada by the end of next month.

"All it takes is seeing one little one the same age as my daughter - smiling because they are going to Canada," said Maj. Drew Willis, who was among 68 soldiers who arrived to waiting family members early Tuesday at Canadian Forces Base Gagetown in New Brunswick.

About 150 soldiers remain overseas helping process applications and conduct medical tests on the thousands of Syrians who are still passing through the screening process.

Quebec's immigration minister Kathleen Weil greets a Syrian family in Quebec City on Tuesday. CLEMENT ALLARD/THE CANADIAN PRESS

The Defence Department says the decision to bring some personnel home was made in consultation with the Immigration Department in anticipation of the completion of the program.

"Operation Provision has been a tremendous opportunity to showcase leadership and Canadian values on the world stage and we will continue to stand in support of this whole-of-government effort, ready to assist wherever and however we are needed," Defence Minister Harjit Sajjan said in a statement Tuesday.

Where the military is going to be needed next is at home.

Thousands of Syrians landing in the coming days are expected to be billeted at military bases as cities and towns across the country are still busy securing housing for the new arrivals.

Space is available for 6,000 people at various bases and facilities throughout Ontario and Quebec, with an additional 7,000 spots also in reserve if needed, the Forces say on their website.

Canadian Forces Bases Valcartier, Kingston and Borden are expected to be the first three put into use as early as this week.

By Jan. 10, 9,562 refugees who had arrived. Three government-organized flights of refugees were scheduled to arrive Tuesday, one in Montreal and two in Toronto, taking the number of arrivals to just over 10,000. The Immigration Department would not pinpoint the timing of the 10,000th arrival, citing privacy rules.

The Liberals intend to bring 25,000 Syrians to Canada under government sponsorship by the end of this year. THE CANADIAN PRESS

QUEBEC GOAL

Province shy of original projected numbers

Immigration Minister Kathleen Weil said Tuesday roughly 2,800 Syrians have so far made it to Quebec, representing about 75 per cent of the provincial government's initial objective of 3,650 Syrian refugees to the province by the end of 2015. THE CANADIAN PRESS

MIGRANT CRISIS

Life-jackets tell story of survival

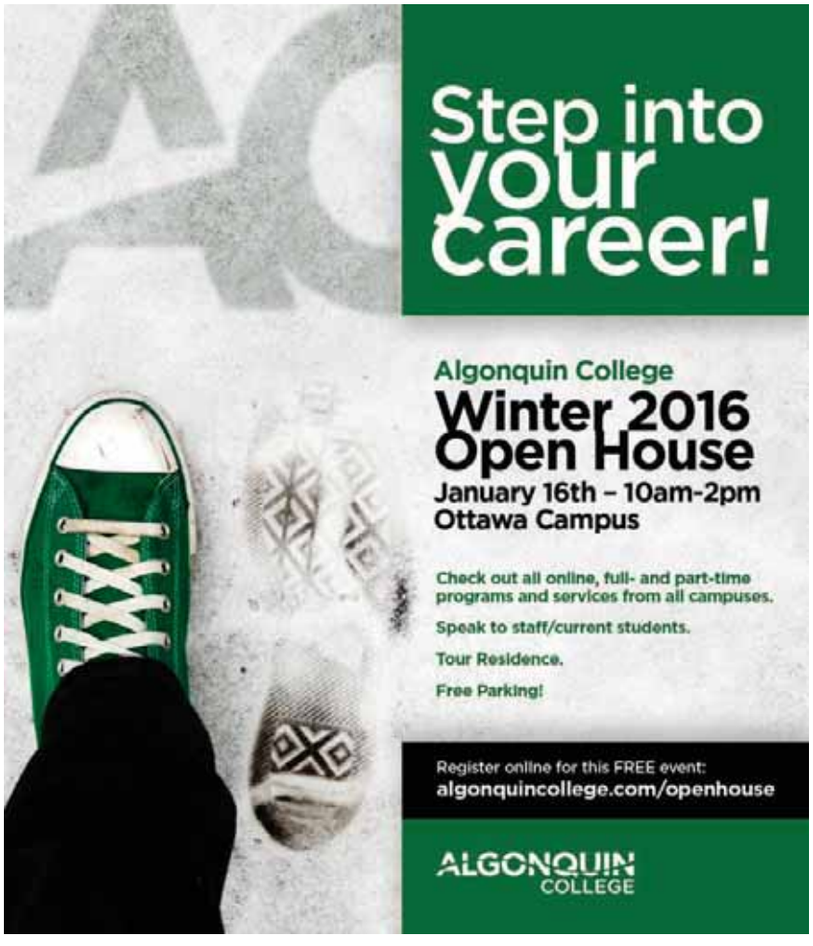
Yvette d'Entremont
Metro | Halifax

Two small life-jackets at the Canadian Museum of Immigration in Halifax, N.S. tell part of the story of young refugees caught up in the Mediterranean migrant crisis last summer.

They're on loan from the Canada Science and Technology Museum in Ottawa. Alberta physician Simon Bryant brought them back, following a Doctors Without Borders mission. The group's rescue clinic at sea helped migrants make the dangerous Mediterranean Sea crossing.

The two children who wore them survived and were rescued, even though one of the jackets was a cheap toy.

Used by real children, one of these is a wading pool toy. JEFF HARPER/METRO



AMERICAN POWERBALL

U.S. lotto spurs tax headache

Here's another reason to smile when you think about winning the record $1.5 billion US American Powerball lottery jackpot: if you come up mega-rich in next Wednesday's draw, you don't have to worry about the Canadian taxman taking a bite.

Lottery winnings are free from income tax in Canada, even if they're won in another country. You do, however, have to contend with American taxes and that can be expensive and complicated.

Mark Feigenbaum, a U.S. lawyer/accountant and a Canadian accountant who specializes in cross-border taxation, noted that for U.S. "non-resident aliens" (i.e. Canadians who don't live in the U.S. or don't have a green card or who are not U.S. citizens), the American IRS withholds 30 per cent tax on winnings. That would be the only tax paid to the IRS for non-resident aliens.

30%

Percentage tax on lottery winnings the IRS withholds from "non-resident aliens" like Canadians who don't live in the U.S. TORSTAR NEWS SERVICE

"As for the state tax, it depends on the state which the lottery was run," Feigenbaum continued. "For many states there is no state tax paid to residents on its own same state-run lottery. For others, there are state taxes on lottery winnings to its residents but not to non-residents of that state."

Still, if you beat the astronomical odds, you'll be able to afford an accountant. TORSTAR NEWS SERVICE

IMMIGRATION

Queue-jumping raised as concern

People seeking to bring parents or grandparents to Canada this year were reportedly paying couriers up to $400 to ensure their applications were at the top of the pile for the first-come, first served federal immigration program that was flooded with far more applications than available spots.

The appearance that it's possible to buy a way to the front of the parent and grandparent sponsorship program is raising concerns about the program's fairness ahead of planned changes to the system.

Since 2014, the program has only accepted 5,000 applications a year,

Andre Nicolae sent off his application via UPS to sponsor his 80-year-old Romanian grandmother.

The Hamilton, Ont., was told it had arrived by 6:31 a.m., a time that he figured guaranteed him a spot at the top of the line. So he was disheartened to hear from a courier friend that there were dozens of people in line by that hour and many of them were dropping off thousands of applications at once.

While he'd paid a regular courier fee, he was told some people had paid up to $400 just to ensure their application was at the front of the line. He said its raises questions about fairness.

Immigration lawyer David Cohen said coming to Canada shouldn't be akin to waiting for tickets to a Justin Bieber concert. THE CANADIAN PRESS

Bombing in Istanbul

ISIL ATTACK

Deadly suicide blast targets prime Turkish tourist area

A suicide bomber detonated a bomb in the heart of Istanbul's historic district on Tuesday, killing 10 foreigners — most of them German tourists — and wounding 15 other people in the latest in a string of attacks by the Islamic extremists targeting Westerners.

The blast, just steps from a former Byzantine church and the historic Blue Mosque in the city's storied Sultanahmet district, was the first by ISIL to target Turkey's vital tourism sector, although ISIL militants have struck with deadly effect elsewhere in the country.

Turkish Prime Minister Ahmet Davutoglu said the bomber was a member of ISIL and pledged to battle the militant group until it no longer "remains a threat" to Turkey or the world.

Davutoglu described the assailant as a "foreign national," and Deputy Prime Minister Numan Kurtulmus said he was a Syrian citizen born in 1988. However, the private Dogan news agency said the bomber was Saudi-born. Kurtulmus said the attacker was believed to have recently entered Turkey from Syria and was not among a list of potential bombers wanted by Turkey. THE ASSOCIATED PRESS

REACTION

Turkish PM's statement

"Turkey won't backtrack in its struggle against Daesh by even one step," Davutoglu said, referring to ISIL by its Arabic acronym.

"This terror organization, the assailants and all of their connections will be found and they will receive the punishments they deserve."

STATE OF THE UNION OBAMA'S LAST ADDRESS TO THE NATION U.S. President Barack Obama arrives on Capitol Hill in Washington on Tuesday before giving his State of the Union address before a joint session of Congress. In his address, Obama called on Congress to pass a new war-powers resolution for ISIL. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

IN BRIEF

Cologne assaults lead to deportation changes

Germany will make it easier to deport criminal foreigners following public outrage over the New Year's Eve assaults in Cologne, officials said Tuesday.

Authorities say 561 criminal complaints have been filed in connection with the assaults and most of the suspects identified so far are foreign nationals. THE ASSOCIATED PRESS

Access to classified files wanted in desertion case

An American Army judge is considering how classified information should be handled in the case against Sgt. Bowe Bergdahl, who walked off an outpost in Afghanistan in 2009.

Bergdahl's attorneys argued at a hearing Tuesday for wider leeway in their ability to gather and use the classified information in his case. He faces charges of desertion and misbehaviour before the enemy, a relatively rare charge that carries a punishment of up to life in prison. THE ASSOCIATED PRESS

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Plunge in oil prices follows a falling loonie

Oil and the Canadian dollar breached two benchmarks Tuesday, with crude briefly dipping below $30 US a barrel and the loonie slipping beneath the 70-cent US level during a volatile day on the markets.

At one point in early afternoon trading, a barrel of West Texas Intermediate fell as low as $29.93 US before it regained some ground to settle at $30.44 US a barrel. That was still down 97 cents from Monday's close.

The Canadian dollar hovered above and below the 70-cent US mark throughout the day, dropping as low as 69.85 cents US, before ending the day at 70.14 cents US — its lowest level since April 2003.

Oil prices have dropped precipitously over the last year and a half, falling from above $105 US in June 2014 to levels not seen in more than a decade. And the loonie is heavily influenced by the global price of oil, one of the country's major exports.

Going forward, it is very likely that global economic conditions will remain unfavourable and that subdued commodity prices will persist.

FINANCE MINISTER BILL MORNEAU

The falling dollar and price of oil prompted questions for Finance Minister Bill Morneau, who was in Montreal on Tuesday for pre-budget consultations.

"I know that Canadians are looking closely at the price of oil. Canadians are looking closely at the Canadian dollar," Morneau said. "We recognize that those are important indicators for Canadians as they go about considering their situation."

The currency's historic low is 61.79 cents US, set in January 2002. It hit an all-time high of 110.3 cents US in November 2007 as Canada's resource-heavy economy benefited from global demand for its exports.

The last time Canada's dollar was worth more than the greenback was about three years ago, in February 2013.

OILSANDS

Projects keep pumping despite losing money

Oilsands operators have little choice but to keep pumping despite losing money on every barrel, said industry analyst Martin King, with Calgary investment dealer FirstEnergy Capital. THE CANADIAN PRESS

If there was one bright spot Tuesday, it was the S&P/TSX composite index, which added 54.65 points to end the day at 12,373.90.

In New York, the Dow Jones rose 117.65 points to close at 16,516.22. In other commodities, the February contract for gold fell $11 to settle at $1,085.20 US an ounce while February natural gas fell 13.9 cents to $2.257 US.

THE CANADIAN PRESS

ECONOMY

Industries cheer, jeer ailing dollar

The loonie fell below the 70-cent US mark Tuesday for the first time in 13 years. In its wake, the rapidly dropping dollar is leaving a roster of winners and losers in Canada. Here's a look at who is benefiting — and who is hurting:

WINNER: FILM INDUSTRY

Hollywood North, whether it be Vancouver, Toronto, or some of the up-and-coming markets like Calgary, is booming. Peter Leitch, president of North Shore Studios and chairman of the Motion Picture Production Industry Association of B.C., said American studios are increasingly heading to Canada to take advantage of the low dollar.

ISTOCK

"That does make Canada one of the top choices of places to come to," said Leitch. "A few years ago when it was at par, it was quite a challenge to attract business."

LOSER: PRO SPORTS TEAMS

If you think buying a pair of shoes in the U.S. hurts, try signing a multimillion-dollar contract with an NHL, NBA or Major League Baseball star.

WINNER: TOURISM

Canada's tourist hot spots are getting a boost from Americans heading north of the border as well as Canadians opting to take so-called staycations.

"We've got a lot of drive traffic coming across the border," said Sarah Morden, a spokeswoman for B.C. ski resort Whistler Blackcomb.

The Conference Board of Canada says overnight travel from the U.S. increased about seven per cent last year.

LOSER: CONSUMERS

Be prepared to pay more for anything imported, including food. The University of Guelph's Food Institute estimates the average Canadian household spent an additional $325 on food in 2015 and is expected see an additional increase of about $345 this year because of the low dollar.

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metro VIEWS
Your essential daily news
Wednesday, January 13, 2016

Barking BFF
Fido really is your best friend. A new study shows scientifically that dogs understand human voices and facial expressions.

ELLEN VANSTONE

URBAN ETIQUETTE

Is it acceptable to break up with someone by text or email? Or do you have to do it in person?

Dear Ellen,
Is it acceptable to break up with a person by text or email? Or do you have to do it in person?
Jamie, Vancouver

Dear Jamie,

Traditionalists will maintain that the only acceptable M.O. is to meet in person, in private, deliver the blow, and then allow your newly minted ex to react for as long, and with as much tearful, abusive rage, as deemed necessary.

But, with an open mind to evolving mores and technology, I put this question to Facebook friends of all ages, and received a variety of answers.

At least two male respondents seemed to miss the point: Don ("pro basketball or football game, with the help of the cheerleaders, while dressed as the mascot") and Zach ("Always ask the father first. It's tradition"). Actually, I'm pretty sure both those guys are single at the moment, which may explain their confusion.

Others (I hope) were joking, including Tim ("Twitter. You manage to tell the person and the world at the same time!") and Bren ("Invite them to a private Facebook event titled 'Our Anniversary' and then click 'not going'").

Twenty-something Katie stated that "Lots of people from the younger generation (like, high-school kids) actually prefer being broken up to via text. For me and my friends, that's an absolute no-go."

I can certainly see the benefits of an e-breakup, from both sides. The dumper doesn't have to face the music, or get a drink thrown in the face. And the dumpee can collapse with shock and dismay without giving the dumper the satisfaction of seeing the collapse, followed by the pleasure of crafting a withering reply accusing the dumper of spineless, selfish discourtesy. Win-win — if you're both pathologically repressed social incompetents who live 5,000 miles apart without access to voice calls or Skype, and you're under the age of 12.

As always with good manners, it's about putting the other person's feelings above your own.

For the rest of you, note that the most representative reply in my FB focus group was this one, from Nora: "No text, definitely no email or snail mail (that's for business only); phone or Skype if you can't see them in person. NO crowded restaurant! Ideally, the civilized breakup is in person in private."

But others had qualifications to this basic rule of etiquette, like Maria: "Private, but not TOO private. I think proper etiquette would allow for the ability to stomp off. I know a woman who was dumped (not literally) in a canoe in the middle of a lake."

I happen to know that Maria, years ago, was given the pink slip by a snotty New York Times reporter boyfriend in public on the Upper East Side. But to this day, we both savour the memory of her slapping him across the face in front of a delighted sidewalk audience before she leapt into a passing cab.

Most respondents eschewed the crowded-restaurant scenario, which, aside from adding insult to injury by being such a cliché, denies more timid dumpees their right to a private, tearful, abusive rage.

But Jessica commented: "I'm going to put in a small plug for restaurant, only because I've seen so many couples break up that way (and have been there myself). In fact Jane F. and I once worked up a whole bit about the qualities of a Good Breakup Restaurant." And Karen even cited a favourite location: "My breakup place was College Street Bar. Got dumped there and later paid it forward."

If you're not sure which breakup method is best for you and your intended ex, choose Nora's protocol: In person, in private. And remember that, as always with good manners, it's about putting the other person's feelings before your own. In this case, the other person's feelings may be vengeful hatred of you, but so be it. Take it on the chin, and know that you did the right thing, which may even help the person when calm enough to appreciate it.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

The toughest part of Syrian resettlement is still ahead of us

Tim Harper

Much of the political and national conversation on the Trudeau government's ambitious Syrian refugee program has revolved around targets and timelines. But that has obscured a larger truth.

As the country's 10,000th Syrian refugee arrives in Canada this week, the toughest part of this project for the Liberal government lies ahead.

For the first time, government-sponsored refugees have topped the numbers of privately sponsored refugees, and another 15,000 displaced Syrians — a mix of both programs — will arrive by the end of February.

Military bases are standing by to potentially house government-sponsored refugees in the dead of a Canadian winter, and this is a much more vulnerable, at-risk group than those who have the privately sponsored support system awaiting their arrival.

This country, because of geography, some prudent planning despite the rush, and the ability to pick and choose its new arrivals, can legitimately look on our effort with pride. We are now standing virtually alone in not having to face down some type of refugee backlash.

But as their numbers swell, it will not take much to spark one. There can be no perception that housing, schooling or job queues are jumped and the resettlement effort has to continue relatively seamlessly so that anxieties are not heightened on either side. There are those who want this government project to fail and they are lurking, on social media and email inboxes, waiting with matches to ignite that spark.

Canadians have contributed to winter clothing drives and have welcomed refugees into their homes. It has taken on the trappings of a national project.

But European countries, without the ability to pick and choose, have been dealing with a tide of migrants with no end in sight. According to the International Organization for Migration, 1,700 migrants have arrived by sea in Europe each day so far in 2016.

In Germany, Angela Merkel's government is changing laws to make it easier to deport foreign nationals, including asylum-seekers, in the wake of a massive number of assaults and sexual assaults of women in Cologne on New Year's Eve. All the suspects identified so far are immigrants, but they are not necessarily part of a wave of 1.1 million migrants who flooded into Germany last year.

That doesn't seem to matter. The damage is done. There is no direct line to be drawn between those incidents and attitudes in Canada, but opponents of the influx will be only too happy to draw one, if given half a chance.

Tim Harper (@nutgraf1) is a national affairs columnist for the Toronto Star.

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"I'm just a gay guy from Indiana who doesn't play basketball, but now I'm the entertainment president of CBS," Glenn Geller said of his network losing significant ground in depicting ethnic diversity.

Baking the good into goodies

EATING WELL

Sweet! Healthy tricks and substitutions from a dietitian

After holiday indulgences, baking might not be uppermost on the minds of most home cooks. Yet it's not necessary to give it up if you use a few tricks to inject some stealth health into muffins, scones, cakes and other goodies.

Using lentils, barley and canola, along with taking steps to reduce fat and sugar, can go far in making sweets and snacks healthful without sacrificing taste, says registered dietitian Zannat Reza.

Lentils are high in fibre and protein, inexpensive, and easy to add to baking when puréed, says Reza. "On the weekend I'll puree up a whole bunch of lentils, scoop them out in half-cup measurements and freeze them," says Reza, who is based in Toronto.

"If you have the urge to bake you can take out one of these little pucks, thaw it in the microwave and add it to your baking.

Greek yogurt adds more protein and calcium to recipes and can be used in place of sour cream and mayonnaise.

Here are some other ways to put a healthier spin on baking:

Flour power

Swap in whole wheat flour for half the all-purpose flour in a baking recipe. Then add 2 tablespoons of wheat germ, needed because federal rules allow manufacturers to remove up to five per cent of the wheat kernel to reduce rancidity and prolong shelf life.

"You do need to add a little bit extra liquid," says Reza. "For every two tablespoons of wheat germ I find that you need to add at least a quarter cup of liquid. It could be milk, water. Say if a recipe calls for sugar and you're using maple syrup, you're adding a liquid to the baking so that will add towards the liquid."

Look for products that have "whole grain" on the label or in the ingredients list, she says.

Spiced Apple and Lentil Skillet Cake. ALL PHOTOS: HANDOUT/THE CANADIAN PRESS

VERSATILE AVOCADO
Swapping in an equal amount of mashed avocado for butter works well in chocolate baked goods.

Barley flour can be swapped for all-purpose flour. Barley contains vitamins, minerals and amino acids and is low in sodium, fat and sugar. Health Canada has approved a claim linking the consumption of barley beta-glucan, a type of soluble fibre, to reduced blood cholesterol.

Barley flakes resemble rolled oats but pack more fibre and are great in granola or as part of a topping for fruit crisp.

Canola oil

Cut the amount of butter with canola oil. In a recipe calling for 1/2 cup of butter, you can swap in 1/3 cup of canola oil.

"When it comes to a lot of muffin recipes I tend to use canola just because it has that neutral taste and also has that source of plant omega-3s which are heart healthy," says Reza.

But for pastry or scones, butter is still better for its consistency.

Hemp seeds

Hemp seeds or hearts boost protein and add heart-healthy fats along with a nutty flavour.

"Sometimes I'll add it to smoothies or on my cereal, but lately I've added it to some granola that I've made. I just add it in the last 10 minutes (of baking)," says Reza.

Puréed or mashed fruit

Swap out about half the fat in a recipe with puréed fruit.

For every 1 cup of unsweetened applesauce, reduce the liquid called for in the recipe by 1/4 cup. THE CANADIAN PRESS

Banana Lentil Muffins are a moist on-the-run breakfast option.

TASTY AND PORTABLE

Satisfying and protein-packed

These moist muffins are a great snack or breakfast on the go.

"They have protein, staying power, keep you feeling full," registered dietitian Zannat Reza says.

She put in extra mashed bananas and reduced the amount of canola called for in a recipe from Canadian Lentils.

Make a double batch and freeze one for up to a month. **Makes 12 muffins.**

Ingredients

- 1 egg, slightly beaten
- 1/4 cup canola oil
- 1/2 cup granulated sugar
- 1 1/2 cups bananas, mashed
- 1 cup lentil purée
- 1 tsp vanilla extract
- 1 1/3 cups whole wheat flour
- 2 Tbsp wheat germ
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup raisins

Directions

1. Preheat oven to 400 F.

2. In a bowl, combine egg, canola oil, sugar, bananas, lentil purée and vanilla. Mix well.

3. In another bowl, mix together flour, wheat germ, baking soda, baking powder and raisins. Stir into egg mixture until just combined.

4. Spoon batter into greased muffin pan, filling each cup about two-thirds full.

5. Bake for 15 to 20 minutes or until a toothpick inserted into centre of muffins comes out clean. Let cool and remove from pan.

RECIPE ADAPTED BY REGISTERED DIETITIAN ZANNAT REZA FROM CANADIAN LENTILS.

RECIPE

Spiced Apple and Lentil Skillet Cake

This guest-pleasing recipe has a dash of stealth health (lentil purée, apples and whole wheat flour). Each serving delivers five grams of fibre and eight grams of protein. **Makes 6 servings.**

Ingredients

- 1/3 cup plus 2 tbsp unsalted butter, divided
- 3/4 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp nutmeg
- 1/2 tsp sea salt
- 2 cups finely chopped apples
- 1/2 cup lentil purée

Directions

1. Preheat oven to 350 F. Grease a 9-inch cast-iron skillet or square baking dish with 2 Tbsp butter.

2. In the bowl of a stand mixer, cream remaining butter and sugar on high speed until light, about 2 minutes, scraping down sides a few times. Add eggs and vanilla. Beat on high for 2 minutes until fluffy, scraping down sides a few times.

3. In a separate bowl, combine flours, baking soda, cinnamon, ginger, nutmeg and salt. Mix well. Using a rubber spatula, fold flour mixture into butter mixture, then stir in apples and lentil puree until smooth.

4. Scrape into prepared pan, smoothing top. Bake for 25 to 30 minutes or until an inserted toothpick comes out with just a few crumbs clinging.

5. Serve warm, with whipped cream or vanilla ice cream.

SOURCE: CANADIAN LENTILS, LENTILS.CA.

The fish that we just can't resist

SNACK FOODS

A new spin on addictive Goldfish crackers

Despite the zeal toward eating local and whole foods, kids and adults are inhaling these addictively cheesy and salty fish crackers by the handful. Sales of Goldfish crackers alone totalled more than $435 million in 2013, and 142 billion of the crackers are produced each year by Pepperidge Farms.

Many recipes that incorporate snack food do it as a novelty rather than improving the flavour or texture of the original dish. This take on a traditional Apple Brown Betty, however, gives a delightful cheesy crunch to the buttery flour crumble topping.

Adding Goldfish crackers to Apple Brown Betty gives a delightful crunch to the buttery flour crumble topping.
TORSTAR NEWS SERVICE

Apple Brown Betty with Goldfish Cracker Crust

Ingredients
2 small baking apples, cored, and sliced into eighths, peeled if desired (try Honeycrisp or Pink Lady)
7.5 mL (1 1/2 tsp) ground cinnamon
5mL (1 tsp) lemon juice
5mL (1 tsp) brown sugar
5mL (1 tsp) hot water
For the crumble
30mL (2 Tbsp) all-purpose flour
15mL (1 Tbsp) brown sugar
30mL (2 Tbsp) unsalted butter, room temperature
125mL (1/2 cup) cheddar-flavoured Goldfish crackers, crushed
5mL (1 tsp) unsalted butter, room temperature
Preheat oven or toaster oven to 350F.

Directions
1. In a bowl, toss the apple slices with the cinnamon and stack them in an oven-safe dish.
2. In another bowl, mix the lemon juice, 1 tsp of brown sugar, and hot water until the sugar dissolves. Pour the mixture over the apples. Set aside.
3. In another bowl, combine the flour, 1 Tbsp brown sugar, and 2 Tbsp of unsalted butter until it reaches a crumbly texture. Sprinkle it evenly on top of the apples.
4. Bake for 40 minutes.
5. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.
6. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.
7. Place back in oven and bake for another 20 minutes.
8. Remove from oven. Let rest for 5 minutes before serving. Serves 2. TORSTAR NEWS SERVICE

ROSE REISMAN
THE SAVVY EATER

THIS WEEK: Instant soups

There's nothing better than a hot bowl of soup on a cold day, but one of these cups contains all the cals without any nutrients.

PICK THIS

Campbell's Soup at Hand Chicken with Mini-Pasta

Portion 1
Calories 70
Fat 1.5g

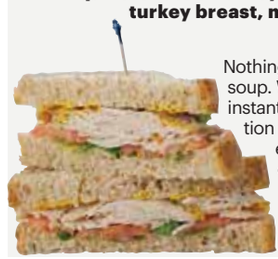
SKIP THIS

Mr. Noodles Beef

Portion 1
Calories 290
Fat 11g

HERE'S WHY

Equivalent to a Turkey Sandwich from Druxy's in calories (roasted turkey breast, mustard, lettuce, tomato)



Nothing is more comforting in the winter than a hot bowl of soup. While homemade is the tastiest and healthiest choice, instant varieties are handy if you're looking for a quick addition to your meal. While neither of these soups contain enough nutrients, at least Campbell's has real pieces of chicken and contains no artificial flavours or colours. Skip the Mr. Noodles — it has 4 times the calories and 7 times the fat, making it nothing more than ramen noodles with artificial beef flavouring.

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'I think I'll live': Bill Belichick has a black eye and neither his players nor reporters could get the Patriots coach to reveal how he got it

Veterans showing plenty of life in Panthers' ascent

NHL

Jagr, Luongo have meshed well with young core

Roberto Luongo was 11 when Jaromir Jagr entered the NHL.

Asked what he recalled about the flashy forward back then, the Florida Panthers' 36-year-old goalie responded with a smile: "The mullet."

Luongo is among a handful of Panthers who remember, or were even alive, when Jagr played his first game back in 1990.

"He's a freak of nature," Luongo said of his 43-year-old teammate. "I've never seen anybody like that before. Incredible the things he's doing at his age, the work ethic he has."

Perhaps equally incredible is how Luongo, Jagr and a few other veterans have meshed with the Panthers' talented and youthful core to turn heads and be one of the NHL's biggest surprises through the first half of the season.

Florida (26-12-5) won a franchise-record 12 straight games before Monday's 3-2 overtime loss in Vancouver, a stretch that rocketed the club up the standings to first place in the Atlantic Division and second in the Eastern Conference.

The Panthers roster is a mix of young and old, including Jonathan Huberdeau, left, 22, Jaromir Jagr, 43, Jussi Jokinen, 32, and Aaron Ekblad, 19. JOEL AUERBACH/THE ASSOCIATED PRESS

"There's a lot of buzz. That's what it takes to bring people to the building down there.
Roberto Luongo on the spike in attendance at Panthers home games

"Everybody's really bought into what we're trying to do as a team," Luongo said prior to the game against the Canucks. "Young guys have really come into their own, the older guys on the team have stepped up and played big roles for us."

Panthers head coach Gerard Gallant points to the leadership Luongo, Jagr, Willie Mitchell (38), Shawn Thornton (38) and Brian Campbell (36) have provided to a group that has 11 players under the age of 25, including Aaron Ekblad (19), Aleksander Barkov (20) and Jonathan Huberdeau (22).

"They're huge for our young guys," said Gallant. "They're showing them the way, they're playing hard and they can all still contribute to our team and play well. That's the most important thing."

Jagr has 15 goals and 17 assists this season, while Luongo saw a personal nine-game winning streak snapped in the loss to Vancouver after allowing two goals or fewer in six straight starts.

"Everybody's playing well so it's easier for me to do my job and contribute," said Luongo. "Guys go down, other guys step up. Whether that's a young call-up or guys that have been out of the lineup, chemistry in the locker-room is really great."
THE CANADIAN PRESS

NHL IN BRIEF

Pair of Habs linked to alleged domestic dispute
Injured Montreal Canadiens goaltender Carey Price skated for a second straight day Tuesday, but the sliver of good news for the struggling club was overshadowed by more controversy off the ice.

Montreal La Presse's digital edition said Alex Galchenyuk's girlfriend was arrested in a case of alleged domestic violence. Galchenyuk and Devante Smith-Pelly were reported to be present during the incident. THE CANADIAN PRESS

Blackhawks extend coach
The Chicago Blackhawks have given a three-year contract extension to Joel Quenneville, locking up the highly successful coach through the 2019-20 season. THE ASSOCIATED PRESS

If I win, I'll let you guys know.
Even though Alex Ovechkin makes $10 million a year playing for the Washington Capitals, he can't pass up the chance to try to win the $1.5-billion Powerball jackpot.

MLB

Dodgers announce hiring of ex-Jays GM

Former Toronto Blue Jays general manager Alex Anthopoulos is back working in baseball again.

The 38-year-old Montreal native will serve as the Los Angeles Dodgers' vice-president of baseball operations. The National League West division champions announced the move Tuesday on their official Twitter feed.

The hiring reunites Anthopoulos with Ismael Cruz, who served as his former special assistant and director of Latin American operations before joining the Dodgers last November. Anthopoulos will also be working with Dodgers general manager Farhan Zaidi, a native of Sudbury, Ont.

Alex Anthopoulos
THE CANADIAN PRESS

Anthopoulos will assist in all aspects of baseball operations, the Dodgers said in a release.
THE CANADIAN PRESS

IN BRIEF

Big Ben chipped on shoulder
Pittsburgh Steelers quarterback Ben Roethlisberger has "a chance" of playing Sunday against the Denver Broncos after injuring his right shoulder last weekend.

He said on his radio show Tuesday he sprained a joint in his throwing shoulder and also tore some ligaments.

Coach Mike Tomlin said wide receiver Antonio Brown will continue to go through the NFL's concussion protocol.
THE ASSOCIATED PRESS

Vandals paint Messi's name on a Ronaldo statue
Vandals in Portugal have painted Lionel Messi's name on a Cristiano Ronaldo statue in Portugal.

Messi's jersey number also was tagged with red paint on Ronaldo's full-figured statue.

Portuguese and Spanish media say the statue was vandalized early Tuesday, a day after Messi won the Ballon d'Or to end Ronaldo's two-year hold on soccer's top individual honour. THE ASSOCIATED PRESS

PREMIER LEAGUE

Man United plays to thrilling draw

Wayne Rooney converts a penalty on Tuesday.
IAN MACNICOL/GETTY IMAGES

So much for Manchester United being boring.

In one of the most entertaining matches of the English Premier League season, United squandered a two-goal lead, went back in front through an exquisite shot from Wayne Rooney, and then conceded a 90th-minute goal to draw at Newcastle 3-3 on Tuesday.

Also Tuesday, Aston Villa beat Crystal Palace 1-0 and West Ham rallied for a 3-1 win over Bournemouth. THE ASSOCIATED PRESS

RECIPE Light and Simple Faux Pho

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Far from authentic, this light and bright soup is an easy version of the intoxicating, traditional Vietnamese soup.

Ready in
Prep time: 30 minutes
Serves 4

Ingredients
- 1 Tbsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 6 oz rice vermicelli (half of most packages)
- 3 1/2 cups chicken stock
- 1 cup water
- 14 oz can of coconut milk
- 3/4 lb of chicken breast, thinly sliced
- 6 Tbsp fresh lime juice
- 3 Tbsp fish sauce
- 2 tsp sugar
- Handful of cilantro
- Handful of bean sprouts
- 1 cup julienned carrots
- 1 cup julienned red pepper

Directions
1. In a large pot, warm up your vegetable oil and sauté the garlic and ginger until they're translucent and fragrant. Add the stock, coconut milk and water and bring to a simmer. Add the chicken and cook for 20 minutes.
2. While that's happening, soak your noodles in luke-warm water in a large bowl. Once the chicken has been cooking for 20 minutes, add the noodles and stir. Add the lime, fish sauce and sugar. Taste to check seasoning.
3. Serve in large bowls and top with fresh carrots, sprouts, peppers and cilantro.

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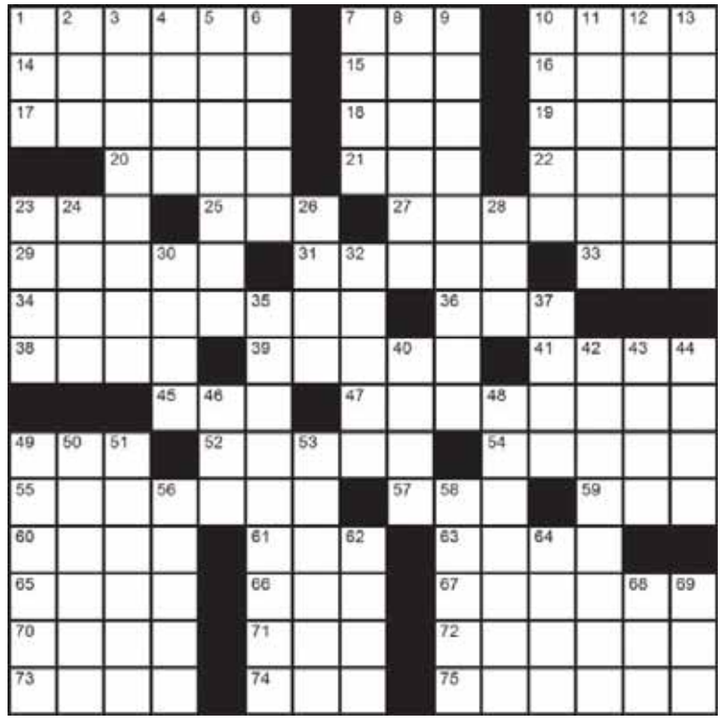
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Make a raised design, as on stationery
7. Ball shape
10. Montreal 'souls'
14. Informant
15. 'Ballad' suffix
16. Immense
17. __ Islands, in The Caribbean
18. 'Impress' suffix
19. Particular preposition
20. Business contact nos.
21. Ben-Hur author Mr. Wallace
22. Cracked a bit
23. Mount __ (Volcano in Japan)
25. Energy
27. Get back together
29. __ of judgment
31. Deflect
33. Mr. Danson of "Cheers"
34. Arctic sky-to-snow aircraft
36. '_' __ in Iberville
38. "_! __..." (American anthem opener)
39. Combine, corporate-ly
41. Rhyming scheme
45. Be in need of Kleenex
47. One taking city transit: 2 wds.
49. 'Passion' suffix
52. Gold medal position
54. Taco kit brand, with Paso: 2 wds.
55. Kitchen set
57. Prefix to 'metrical'
59. Company's stock mkt. debut
60. Ms. Ryan's
61. Global currency org.
63. West's opposite direction
65. Goo Goo Dolls hit
66. Boat's one-of-two
67. Sprinkle with holy oil
70. Ms. Russo
71. Mini-looking guitar
72. One cracking a code
73. Shangri-la
74. Picture
75. Canadian-born reality star Shannon, and surnamesakes

DOWN
1. Techie bail-out key
2. Bygone bird
3. Canadian daily deals website co-founded by #48-Down
4. "Him __ __ - What's It Gonna Be?": Tune by #8-Down
5. Ready-to-start-slicing surgeon's request
6. Feel
7. Eye: French
8. Paul __ & The Raiders
9. Minhas __ and Distillery (Co-founded/co-owned by #11-Down)
10. Like a Canada Goose, for example
11. As per #9-Down... Ms. Minhas, Dragon on CBC's "Dragons' Den"
12. CBC's "The Fifth __"
13. Stashed
23. To boot
24. __ Fifth Avenue (Posh store)
26. Window what?
28. Ms. Hagen of Broadway
30. Belonging to an undercover agent
32. Words of action
35. Aspirational
37. Go boating
40. Grit
42. Food's extra ingredient
43. Traffic jam sound!
44. __ and Janis (Comic strip)
46. Commonly, in poetry
48. As per #3-Down... Dragon on CBC's "Dragons' Den", Michele __
49. Look up to
50. Like a wedding cake
51. Car part
53. Create a newer version
56. German industrial city
58. Bread-making ingredient
62. Discharge
64. Fish variety
68. Mr. Beatty
69. Actor Mr. Knight, et al.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Play by the rules and don't cut corners. There's a lot at stake and while it may seem as if no one is watching they almost certainly are. Act as if the eyes of the world are upon you.

Taurus April 21 - May 21
Throw caution to the wind and do whatever it takes to make your mark. Aim to be first in everything you do and before the day is over your name will be up in lights. Don't pretend you don't want that — because you do!

Gemini May 22 - June 21
Any promises you made in recent weeks will have to be made good today and tomorrow. If you can't deliver on them then you may have to pay compensation.

Cancer June 22 - July 23
You don't have the last say. What can you do about it? Not a lot but it's no big deal. The cosmic wheel will turn again and one day soon you'll be calling the shots.

Leo July 24 - Aug. 23
Keep your plans simple because it will be all too easy to get into a muddle and lose track of what you are supposed to be doing. Cosmic activity in the work area of your chart means you need to stay flexible.

Virgo Aug. 24 - Sept. 23
You'll find yourself in a position of power but don't let it get to your head. If you're too domineering you could spark a feud that lingers for weeks, months, maybe even years.

Libra Sept. 24 - Oct. 23
If you need to make changes on the home front then do it now. If you don't take control someone else will, so start guiding events, and people, in the direction you want them to go.

Scorpio Oct. 24 - Nov. 22
You will think and act fast today and it may be frustrating when you have to slow down because others are dragging their feet. Look for intelligent ways to get ahead of the pack.

Sagittarius Nov. 23 - Dec. 21
Success needs to be worked at continuously. What happens today will make sure you don't forget that point. What you achieved in the past no longer matters — you are only as good as your next big win.

Capricorn Dec. 22 - Jan. 20
You'll find a way to get what you want. You can sense that the cosmic omens are on your side you won't allow anyone to stand in your way.

Aquarius Jan. 21 - Feb. 19
You seem to have a lot of negative feelings and you need to do something about them. Find a way to be alone with your thoughts today so you can get your head back in shape.

Pisces Feb. 20 - March 20
Today you'll come into contact with someone who has amazing ideas and can inspire you to achieve great things. They may not look remarkable at first sight though, so keep your eyes and ears open. Genius comes in all shapes and sizes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	4	5			
7		9				5		4
	2		5		3		7	
		3				6		
	1		9		7		3	
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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8	7	2	3	9	4	5	6	1
6	9	3	1	5	2	8	4	7
1	4	5	7	6	8	3	2	9
3	5	1	6	2	9	4	7	8
9	2	6	8	4	7	1	5	3
4	8	7	5	3	1	2	9	6
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2	3	8	9	7	5	6	1	4

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